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■ MUDFEST: Fundraiser supports charity's capital campaign

Down and dirty in Pelham

MARYANNE FIRTH
Pelham News Staff

It's one of few competitions where muddling is not only allowed, it's encouraged.

In fact, the more covered in muck you were crossing the finish line, the better.

About 200 people participated in last Saturday's inaugural Pelham Mudfest Challenge, taking on a five-kilometre obstacle course through the hills of Bissell's Hideaway Resort.

The event, hosted by Rotary Club of Fonthill, acted as a

fundraiser for Pelham Cares' Home for Good capital campaign.

Trish Pavao was among the many unafraid to get her hands dirty.

After moving through the crawl tunnel, she ran to the race's end, raised them up her muddy hands in victory and showing off her unscathed pink nail polish.

"We came for some fun," she said on behalf of her teammates.

See MUDFEST on Page 2



MARYANNE FIRTH/PELHAM NEWS STAFF

Halee Braun and Nicole Marshall celebrate after completing the Inaugural Pelham Mudfest Challenge Saturday.



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UPFRONT

MUDFEST

PHOTOS BY
MARYANNE FIRTH/
PELHAM NEWS STAFF
The inaugural
Pelham
Mudfest
Challenge and
participants
running,
crawling,
climbing and
swimming
to reach the
finish line.



A participant crawls through the mud. The race attracted about 200 people.

Trish Pavao made it through the challenge dirty but with nail polish still intact.

Mudslinging encouraged at Pelham event

From Page 1

And that's just what they got.

The gigantic water slide, one of 12 obstacles on the race, seemed to draw the most excitement for Pavao and her team, who intend to give the race another go come September.

Halee Braun and Nicole Marshall also expected to hit

the course again later this year.

"We love mud, as you can see," Braun, with dirt smeared across her face, said with a laugh.

The race's many hills were the biggest challenge, she said.

Runners also faced a series of walls, one as high as 4.5 metres, mud crawls, mud pits,

tire runs, and, to cap it all off, had to take a swim through a chilly pond before reaching the finish line.

"People just love this stuff," said event chairman Frank Adamson, who was all smiles Saturday as crowds packed into the Meder Rd. campground.

It may have been chilly outside with a bit of rain, but that didn't deter runners from the

challenge.

"These folks are wet and dirty anyways, so it doesn't matter to them," Adamson said lightheartedly.

He enjoyed watching the "big sense of accomplishment" on the faces of participants as they successfully completed obstacles.

"When they first see what's coming, they say, 'Eww, I have

to go in there?' But then they just jump right in," added volunteer co-ordinator Carolyn Mullin.

Saturday's event was a trial run for the Pelham Mudfest Challenge on Sept. 6. The plan moving forward is to turn the summer event into an annual occurrence that will draw people from across the province. Adamson hopes the September Mudfest is "five times

as big" as this weekend's race.

"There's potential, he added, to have a one-kilometre children's fun run as well, to allow youngsters the opportunity to get muddy."

For more information on Pelham Mudfest, visit pelhammudfest.ca

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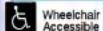
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LOCAL NEWS

■ POLITICS: \$20,000 sought by Town of Pelham

Town sues council candidate

MARYANNE FIRTH
Pelham News Staff

The Town of Pelham is suing a former employee who is now running for council, the Tribune has learned.

Tara Druzina, who worked as an administrative assistant at Pelham's planning department, is being sued for \$20,000 for breaching an agreement signed after her employment was terminated in late October.

None of the allegations have been proven in court.

She filed her paperwork for council on April 24.

Druzina worked for six years under planning director Craig Larmour, who was replaced by Nouhy Tavassoli in July.

In early October, Druzina left on stress leave. She said there were issues that made

her feel she could not return to her position. According to both Druzina and court documents, she was paid a \$20,000 severance by the Town in November and was required to return to not interfere with Pelham's operations for two years.

On Jan. 26, Druzina submitted six Freedom of Information requests that were approved by the Town.

Exactly one month later, she submitted an additional six FOI requests.

On March 20, she received a letter from the Town of Pelham denying the latter six requests, calling them "frivolous and vexatious."

The following day, Druzina was served with notice she was being sued. "It is evident that your requests are part of a pattern of conduct that amounts to an abuse of the right of access and would

interfere with the operations of the Town," the letter reads.

"In addition, given the nature of your requests in view of recent past experience with you, the requests are regarded as having been made in bad faith and for a purpose other than to obtain access."

The FOI requests sought information on company training programs, job descriptions, employee credentials, tender documents, the amount paid out in early retirement fees, dismissals and terminations, and documents pertaining to the Fenwick beautification project.

During the web, Druzina's civil rights were violated in having the requests denied, has appealed the decision to the Information and Privacy Commissioner and is awaiting a response.

"My biggest fear is that I'll come across as a disgruntled employee," the Fenwick resident said, adding she's actually a "concerned citizen" who is seeking transparency from the local government.

"Why not answer my questions? If you're that transparent and responsible," she said.

"Those are very benign questions. I wasn't accusation. I just want to know where the spending has been. I want to know that the CAO and management have the credentials that they say they have in order to run a municipality responsibly."

The FOI requests are "different from just any anybody making FOI requests," said Pelham Mayor Dave Augustyn when called for comment Friday.

"This (the lawsuit) is

because there was a settlement between the Town and this employee. ... This is an employee-employer issue."

Druzina has an additional list of FOIs that she wants to submit. She said she has particular concerns about transparency regarding the east Fonthill development plan.

Wanting to improve transparency in the town, Druzina filed her nomination papers April 24 to run for a Ward 1 seat on Pelham council.

"I don't know what the transparency issue is, we've been very transparent," Augustyn said.

"When we've made agreements with contractors, for example, Wellspring or the Allen Group, all agreements are dealt with publicly beforehand. They were approved at council publicly," he said, referring to

the east Fonthill plans.

The Town has not heard feedback on the agreements from Druzina or other members of the public, Augustyn said.

"Council is very committed to working together with the community on issues that are important to us, and we've demonstrated that through the years. Any claims to the contrary I don't think are valid."

The record will show we are very, very transparent."

Augustyn said the Town will respond to Druzina's allegations "in court and not in the media."

"The statement of claim clearly outlines our concerns, it's a legal matter and we would ask that we'd allow that legal process to continue."

A court date has not yet been set.

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SUN MEDIA

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What's new at Pelham Public Library

FRAN GILES
Pelham Public Library

Here we are already at the beginning of May and the question is, Where has the first third of the year gone?

The big event coming up is the Pelham Art Festival which takes place Mother's Day weekend, May 9 to 11 at the Pelham Arms. To find out the times the festival is open, the names of artists exhibiting, and the refreshments available, see the Pelham Art Festival website.

If you, or someone you know, is looking for a job, Niagara College Employment and Training Solutions

will be at the Fonthill branch of the library on May 12 from 2 p.m. to 4 p.m. They will be giving out information about the provincially-funded Second Career program to provide skill-off workers with skills training and financial support. Free bus transportation will be provided.

With the arrival of spring, who grew up in Welland, will be presenting "Interpreters," his collection of loosely linked short stories, May 12 at 7:30 p.m. \$5 Please register ahead.

For all those First World War buffs out there, there is an illustrated talk by Terry Copp, writer of "Fields of Fire: The Canadians in Normandy" and other books on military matters. It will be presented by the Royal Canadian Legion B613 and takes place at the Legion Hall, 141 Hwy. 20. At 8 p.m. May 15 at 2 p.m. \$4 (veterans free). Tickets can be obtained at the Pelham Public Library or the Legion.

In addition to the TGBI Book Club, which takes place every Friday from 1 to 3:30 p.m. there is going to be a craft supplies exchange May 16. Bring some excess craft materials; take some away. No sign-up necessary. Just come!

And, finally, on May 21 at 2 p.m. Physical activity advisors with Niagara Region Public Health are giving a demonstration of nordic walking (urban poling). See the health benefits for yourself! Free but please pre-register.

Turning now to regular library resources as opposed to special programs, there seem to be some borrowers who are not returning most of their DVD collections in addition to recent movies, which I mentioned in my last column, we also have some golden oldies such as "Doctor Zhivago" and "Lawrence of Arabia" and every era in between. We also have an extensive collection of British and American TV series on DVD. For instance, among the US series of days past there are "The Dick Van Dyke Show," "Laverne and Shirley" and "M.A.S.H." and, more recently, "The Sopranos" and "Sex in the City," "Lost" and "Mad Men," "Boes" and "Gilmore Girls." British series include "Cracker" and "Inspector Morse," "M-5" and "The Tudors." "Navy" "Tricks" and "Monk" "Abbey," "Doc Martin" and "Vicar of Dibley." We are always open to suggestions. If it is available on DVD we will consider it.

There is something here for every taste. Have a look or ask for assistance. We are always glad to help.

See you at the Library!

COMMENT

Niagara Week postponed

BRIAN BATY
Niagara regional councillor for Pelham

At this point on Monday morning I should have been enroute to the GO parking lot at Casablanca Road in Grimsby to take the GO bus to Burlington and then the GO train to Union Station and then the subway to Queen's Park for the 10th annual Niagara Week delegation. Friday's election change that so we are now in a by-election following the 2012 provincial election. Travel to GO transit is in the top "ask" for this year's presentations to cabinet ministers, provincial staff and opposition parties. Our family has used this method of travel to Toronto for several years. At a return price of \$14 for seniors, it is hard to understand why seniors still prefer to drive with the cost of fuel and parking being so high. At an estimated cost of \$100 per day for Niagaraans. There is no approved parking facility at the Fairview Mall so the trip to Grimsby is in order due to the free, secure and well lit parking facility with adjoining welcome centre, restaurants and restaurants. Summer GO train service is currently available but the schedule favours Toronto to Niagara travel; not the

reverse unless you plan an overnight trip. Niagara has established a "nodes and corridor" study which should lead to permanent park and go areas to access regional transit, local transit and the GO system.

During a two hour briefing session last Thursday, we reviewed the critical points in favour of the provision of a permanent GO rail expansion to Niagara with twice daily a.m./p.m. schedules proposed to commence by the summer of 2015. Some cite the Welland Canal ship traffic as an obstacle to such a schedule. The City of Niagara Falls and the St. Lawrence Seaway Authority have met and have run "what if" scenarios to determine if and to show that boat traffic will not interfere with a GO train schedule. The Seaway Authority has indicated a willing partnership to ensure that train schedules will take precedence over the railway bridge at Lock Four on the Welland Canal. That alone will save the estimated \$750 million proposed for a bridge or tunnel grade separation.

The United States is proposing a high speed rail service to urban New York State making a proposed GO service even more vital for Niagara's economic future. Barrie has permanent GO rail service

but studies show that more people travel from Niagara to Toronto (6,900) than Barrie to Toronto (5,600). More people in Niagara are in the morning peak period (6 a.m. to 9 a.m.) than Niagara to Toronto (9 a.m. to 12 p.m.)

According to the 2011 "Transportation Tomorrow Survey" reported that 50,000 people travelled daily from Niagara Region to Lakeshore West rail line municipalities. Over 15,000 people travelled from Niagara Region to Hamilton (8,600), Halton (4,200), Peel (1,200) and Toronto (1,500) during the peak morning period from 6 a.m. to 9 a.m.

This and several other Niagara Week priorities will be shared at this week's meeting of the Niagara Region, a directly elected regional councillor. I have actively participated in all former Niagara Week delegations. Through the years, we have gained the trust and confidence of all party leaders and members as well as the senior staff at the province. This increased awareness of Niagara's needs and priorities will serve Niagaraans well when the election is over and our annual Niagara Week delegation proceeds.

Brian Baty is a Niagara Regional Councillor for the Town of Pelham and a 10 year member of Team Niagara at Queen's Park. brian.baty@niagararion.ca

Niagara journalists honoured

A photo of a girl collapsing in agony during a race has earned St. Catharines Standard photographer Bob Tymczyszyn an Ontario Newspaper Award.

The annual awards, which were presented last Saturday in Hamilton, celebrated the province's best journalism from 2013.

"I'm thrilled for Bob for his well-deserved win," said Standard managing editor Erica Bajer.

"His shot captured a great sports moment."

Tymczyszyn won in the sports photography under 25,000 circulation category.

He was also a finalist in the online video category along with reporter Cheryl Clock for

a video featuring a breast cancer survivor.

The Tribune was a finalist in the Design and Graphics under 25,000 circulation category for the following three front pages:

"The annual awards, which were presented last Saturday in Hamilton, celebrated the province's best journalism from 2013.

"I'm very proud of all the nominees," Bajer said.

"They show the hard work and dedication our journalists use every day."

Review photographer Mike DiBattista was a finalist in the spot news photography under 25,000 circulation category and the feature photography category.

Former review reporter Matt Day, now a

standard online editor with Sun Media, was a finalist in the novice under 25,000 category.

Reporter John Law was a finalist in the arts and entertainment category.

the social media category.

The Niagara Falls Review news team earned four ONA nominations.

"I'm very proud of all the nominees," Bajer said.

"They show the hard work and dedication our journalists use every day."

Review photographer Mike DiBattista was a finalist in the spot news photography under 25,000 circulation category and the feature photography category.

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Reporter John Law was a finalist in the arts and entertainment category.

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MELISSA MANGELSEN
Pelham News Staff

It may be an uncomfortable subject to talk about, but it is an even more uncomfortable disease to have.

Ucerative Colitis, along with Crohn's

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disease is under the umbrella of inflammatory bowel disease (IBD) and can damage tissue.

Milka V. Santro, part of team Oh My Gut, is raising awareness and funds for Crohn's and Colitis Canada's 19th annual Gutsy Walk - a five-kilometre walk June 8 at Lock 3 Museum in St. Catharines.

"I was diagnosed with ulcerative colitis in 2009. Canada has the highest rates of IBD worldwide. They don't know what causes it, but it's a bigger trigger than eating it," said Santro.

She says what is most alarming is the number of new cases of Crohn's disease in Canadian children, which has almost doubled since 1995.

Crohn's and colitis are lifelong diseases that have a devastating impact on quality of life, elevate the risk of colorectal cancer, and in the case of Crohn's disease, shorten life expectancy.

As part of her fundraising efforts Santro has put on a raffle at Advanced Health Massage in Fonthill, where she works.

The raffle, which runs until May 31, includes more than 30 items including wine, candle holders, a yoga membership, pet grooming, house cleaning and barbe-cuing tools.

"I am so fortunate and blessed to work within a community that works together and is so personable," Santro said of the supporters of the raffle.

She has been volunteering with Crohn's and Colitis Canada for four years.

"When I was diagnosed I became so ill I was hospitalized in Toronto for two weeks on and off for three months. This all came about as I had started my new career as a registered massage therapist. I thought my career was over," she said.

To give back and help the people who are still suffering, she got involved with Gutsy Walk.

Money raised during the walks which take place in a different location across Canada, supports research and education and looks for a cure for Crohn's disease and ulcerative colitis.

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RECREATION PROGRAMS & CLASSES

Zumba Classes @ Pelham Arena

Tuesday May 13 9:30 am - 10:30 am
 Wednesday May 14 7:30 pm - 8:30 pm

Tuesday May 13 7:00 pm - 8:00 pm
 Thursday May 15 10:00 am - 11:00 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

Walking Club - Everyone is welcome! - May 13 & 15

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9:10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Summer Programs - Aquatics & Summer Camps

Registration is now open for swimming lessons, Lifesaving Training Programs, the Pelham Penguins Swim Team and the Triathlon Club, Summer Day Camps, Playground Program, Specialty Camps: Bike Camp; Art Camp; Sports Camp; You're the Chef Camp. Registration forms are available at pelham.ca and at Town Hall.

COMMUNITY EVENTS & NEWS

Downtown Master Plan for Fenwick and Fonthill - OPEN HOUSES - Thursday May 8th from 2pm- 4pm at Pelham Fire Station Two (766 Welland Road, Fenwick) and from 6:30pm - 8:30pm at Pelham Fire Station One (177 Highway 20 West, Fonthill).

Communities In Bloom - Spring Gardening Series with Karin Vermeer - Thursday May 8th at 7pm, Topic: Container Gardening. Venue: Café on Main. Only \$5.00 per session! Registration and payment required in advance. Please contact the Town of Pelham at 905-892-2607 ext. 329 or jcook@pelham.ca.

Pelham Art Festival - Mother's Day Weekend (May 9, 10, 11) at the Pelham Arena (1120 Haist Street, Fonthill). Hours: Friday 7pm to 10pm, Saturday & Sunday 11am to 5pm. Proceeds benefit the Pelham Library System & Community Arts Projects. Visit pelhamartfestival.com for info.

E. L. Crossley eWaste Collection Fundraiser - Saturday May 10th from 10am to 2pm at E.L. Crossley Secondary School (350 Highway 20, Fonthill, ON). Recycle your old electronics, such as batteries, cellphones, televisions, stereos, computers and accessories. Proceeds will help purchase a bottle filling station for the school's second floor. Contact 905-892-2635 for info.

Rediscover Cycling - Course 1 - May 14; Course 2 - May 17 - If you are thinking about buying a bicycle, getting back into cycling or want to ride with greater confidence, you will benefit from one or both of these courses. Cost: \$20 plus HST per course, Bonus 1-year membership in the Niagara Freewheelers. More details at pelham.ca/rediscover-cycling or call 905-892-2607 ext. 329.

Pelham Farmers' Market - May 1 until October 30 - Pelham Town Square - May 1 Market Bucks Winner: Liz Cardwell
 Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 1 to October 30, 4:30pm till dusk.

Come join Pelham's 2014 Heritage Tea Committee! We are eager to have you share your talents and help us plan our annual Heritage Tea Celebration happening on Saturday, June 28, 2014. If interested, please contact 905-892-2607 ext. 329.

Summerfest Vendor Applications - It's time to start planning to "Chill on the Hill"! Vendor applications for Pelham Summerfest are now available at pelhamsummerfest.ca.

PELHAM MAYOR'S GALA



Pelham Mayor's Gala Tickets Now Available!

On Saturday, May 24th, 2014, Mayor Dave Augustyn and community volunteers will host the Sixth Annual Pelham Mayor's Gala at Lookout Point Golf & Country Club. Tickets are *NOW* available and sell out fast! Individual tickets are available for purchase at \$135 each. Partnerships are also available through the *NEW* Mayor's Gala Champions Program.

Please contact 905-892-2607 ext. 337 or mtoscher@pelham.ca.

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Heidi TeBrake, chair of the Pelham Art Festival, presented a cheque for \$10,000. to the Pelham Library. The annual donation from the Pelham Art Festival will be used to enhance programs and materials in Pelham libraries. The 28th Pelham Art Festival will place Mother's Day Weekend, May 9 to 11, at the Pelham Arena.

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■ OUTLOOK COLLECTION: Work goes on around the clock after weather slowed construction

Mall abuzz as opening day nears

DON FRASER
OML Agency Niagara

Think of the Outlet Collection at Niagara as a racetrack-like retail giant.

In a tour Tuesday, the mega mall shows itself as a semicircular community of 102 retailers in what will be Canada's largest open-air outlet shopping centre.

Long walkway concourses are sheltered by arched canopies. Glass-enclosed storefronts cover off shifts 24/7 as the final pieces come together with the clock ticking toward the grand opening.

The Taylor Rd. complex in Niagara-on-the-Lake will open May 15 and hold in several first-in-Canada outlets, including a Bass Pro Shops.

Outpost store date. Other stores include Adidas, American Eagle, Brooks Brothers, Guess and Izod.

It includes a food court pavilion called The Eatery and an event area for a farmers' market and a community gathering place.

The \$178-million shopping centre will add close to 1,500 full- and part-time retail jobs, with many of those temporary construction and contractor jobs involved.

"We liked the location, with excellent visibility to the QEW," said mall general manager Bri-Ann Stuart, in an interview during the tour.

"We also liked the climate. It's warmer than some other properties and areas where you could build a shopping centre," she said. "It adds to the site's attractiveness to the builder. 'And it's also the tourism here. Niagara does a great job at it.'

Stuart said interest shown by job applicants has been impressive. A job fair in March attracted 4,000 people.

David Baffa, a senior vice-president of retail development for developer Cawthron Cambridge, said his company's intention was to "raise this experience a bit better" at the 520,000-square-foot facility.

"We noticed some examples of outlet shopping (in Canada and internationally) ... and we decided Canadians expect a little more. So we paid a lot more attention to architectural details," he said.

Those features include stone bases, wood laminate flooring throughout the complex and corridors with wide views and well-appointed washrooms.

A Food Truck Friday event will be launched in June, and Peleg Estates Winery will have a retail location at the Outlet Collection.

Baffa also emphasized the importance of tourism for his business, pointing out the region gets about one million overnight stays annually.

"They're coming to enjoy ... the whole tourism draw of the region, and we're going to be part of that," he said.

He also spoke about competition from Niagara Falls malls and outlet centres on both sides of the border, as well as an extensive local retail presence.

"We believe the majority of our traffic is going to come from the Toronto and Niagara region," Baffa said.

"We're really not counting on cross-border shopping (immediately) ... we are very interested out on this as a sidebar."

Tough weather conditions have been the wild card since construction started in fall 2012.

Bruce Melnyk, the site superintendent of builder PCL Construction, revealed four weeks ago that about 100 days of work so far.

"We haven't taken a day off since Christmas," he said.



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■ **PROVINCIAL ELECTION:** Many readers tell us they're disillusioned with current political landscape

Tired of party politics, social media poll shows

KAREN WALTER
QMI Agency Niagara

We don't know which party is going to win the Ontario

election on June 12, but we know we won't like the results.

It appears Niagara residents are fed up with party politics as we enter the first week of a provincial election cam-

paign on Wednesday.

QMI Agency Niagara asked readers on social media who they'll vote for in the upcoming provincial election and got a mixed bag of results, with many saying none of the parties are up to snuff.

Overwhelmingly, readers said they were unhappy and disillusioned with the current political landscape. And they felt politicians and their parties don't care if they represent them.

If the informal social media chat is any indication, candidates are going to have to make an all-out effort to convince Niagara to vote for them. Even then, citizens will likely mark their ballots begrudgingly.

We also asked online readers in a weekend poll which of the three main parties they would vote for, without giving any other ballot choices. Of the over 800 responses, the NDP and Conservatives came out neck-and-neck with the Liberals trailing behind.

The NDP received 43% of the poll votes while the Progressive Conservatives had 42%. The Liberals received 15% of the poll responses.

Here are some of the comments readers made on the Welland Tribune, St. Catharines Standard and Niagara Falls Review Facebook pages:

Do you think calling an Ontario election was necessary?

Bret K. from Welland: We don't need an early election. We need our politicians to stop acting like children and work together.

Thom Genders: Another blatant waste of taxpayers money that could be better spent on our failing infrastructure.

Mike Stevens: Yes it was necessary, the Liberal party has done enough story telling and ripping off the people it is time we sent them packing.

Brenda Arndt: No, an Ontario election was not necessary. The gas plant fiasco was a big issue. The government has a responsibility, action has been taken, they have apologized, and it is history. This budget is exactly what Ontario needs, the NDP would have put forth something similar.

Liegh Campbell Blackley: It was absolutely unnecessary! The people of Ontario gave all three leaders a message when a minority government was elected. That message was 'get along.' Hudak took his ball and went home before he even heard what was in the budget, and Horwath wouldn't even set demands. All 3 need to take a visit to my classroom to learn about getting along, not being a bully and playing nice!

What is your top issue?

John Buck Anger: Managing money is my biggest issue. But no master who wins they should get finances in order before embarking on any new initiatives. But they won't.

Irene Carr: My top issue is the eradication of forced specific legislation in the dog owner's liability act. I cannot support a political party that fully supported killing dogs based on the shape they were born.

Who are you voting for and why?

Brian Tropitsky: Doesn't matter who you vote for, they will just continue to line their pockets on our tax dollars, really care about their party and get their pension. Who really cares about the rest of us?

Blake Landry: Too bad there aren't any parties or candidates that I can vote for, I will be showing up to the polls to register a "decline" vote because none of the provincial parties currently deserve a vote in their favour.

Mary Jane Michalk-Rosen: Very hard to decide who to cast your ballot for. Upset with the waste of money the Liberals have spent, do not trust Hudak and very frightened of the NDP. Let's not forget what the NDP leadership did the last time they were in power, remember Rae Day! Hudak had lots of promises about new jobs! The government missed that boat when all our factories moved, we now rely on foreign countries to supply us with canned goods, clothing etc. So for our future?

Naomi Handranoff: Only the faces changed!

Joe Bottler: What we need even more than a provincial election is a new provincial party. Look at the turnout for the last election in Ontario. If a new party — with no baggage, as such — came along, borrowing from the other three parties, it would attract a lot of attention, and support...

Ian Gorrell: Regardless of the winning party, a minority government will most likely affect the budget and will help to provide some small measure of accountability.

Rian Tibbs: I am in agreement with it's time for a change in this province politically. If only all politicians — federal and provincial would realize they are elected to serve the constituents; we are their employers not the other way around. It is our hard earned dollars they throw haphazardly to the wind then expect us to bail them out of their folly. Perhaps it is time for a new party to be formed, one with our interest on their format and not the old thinking and passing the responsibility number of the party to the next party, a fat pension for really accomplishing little or nothing progressive for the Province or the Country.

Sherila Shantz: I do not want Tim Hudak as premier. Let Wynne have a majority government. She is on the right track.

Ray Vachon: The Liberals have destroyed this province it may never recover in our lifetime. I'll be voting Conservative because our province simply cannot afford socialism right now. It's time to recover, and recovery is never pleasant but it needs to happen.

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LOCAL NEWS

Spring is here - Farmers' Market gets underway



PHOTO PROVIDED

The Pelham Farmers' Market was back in full tilt last weekend with 99-year-old Iver McCarthy cutting the burlap ribbon to open the market May 1. Fred Arbour and Roxanne Bowman from the Farmers Market committee were also part of the ceremonial ribbon cutting.

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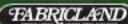
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■ HEALTH

Cancer list expanded for firefighters

TONY RICCIUTO

QMI Agency Niagara

and testicular cancer will be added to the list immediately.

Prostate cancer, lung cancer and skin cancer will be phased in by 2017.

Ryan Madill, president of the St. Catharines Professional Firefighters Association, said it's unfortunate, but statistics show that firefighters, from not only Ontario but across the country are getting cancer in higher numbers than the general population and also earlier.

"Even though we are using better safety equipment, better breathing apparatus and we have procedures in place to clean our gear, the contents in the buildings now are a lot more toxic and have a lot more carcinogens in them than 20 or 30 years ago," said Madill.

"We are really happy with this announcement and it will go a long way to helping firefighters deal with the physical and related cancers."

Ontario Premier Kathleen Wynne said firefighters face dangerous situations every day and the risks are both immediate and long-term.

"While we can never fully remove these dangers, we can, as a government, ensure firefighters have access to the highest quality of care and support," said Wynne.

The extension of presumptive status for the six additional cancers will be retroactive to Jan. 1, 1990, and apply to full-time, part-time and volunteer firefighters and fire investigators.

tony.ricciuto@summed.ca



and
Gift Store

From previous page

MAY 15**CANADIANS IN NORMANDY**

On June 6, 1944, American, British and Canadian troops landed in Normandy to begin the campaign that liberated Europe from Nazi tyranny. At Juno, the Canadians broke through the Atlantic wall and advanced inland in one of the great success stories of D-Day. Their defence of the bridgehead against counter attack was an epoch achievement. This

Illustrated talk by Terry Copp, author of *Fields of Fire: The Canadians in Normandy*, will engage everyone. Sponsored by Royal Canadian Legion Branch 613 and Pelham Public Library, it takes place at the Legion hall, 141 Hwy. 20 E., at 2 p.m. Tickets are \$4 (members free), available from the library or Legion.

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Chronic alcohol use increases acetaminophen (TYLENOL) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can due to your liver.

Chronic alcohol use along with NSAIDS (Ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken together a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as GLYBURIDE or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive effects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

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In Memoriams

**REMEMBERING
Mom**

Memories

JOLLY, Linda Emmy - November 16,
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Missing you and loving you always

Barbara



NICHOLAS, ROSE
Always so good, kind and kind.
Family and friends her equal we find.
Honorable and upright in all of her ways,
Loyal and true until the end of her days.
Remembering your kindness, and wisdom,
and your gentle guidance.
"Never Forgotten" The end of a life begins
a memory.
A memory that lives forever.
Love always is still our guide.
Love always, Ed, Betty Ann,
Andrea & John, Tina & Nick.

The Healthy Cupboard

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**First Wednesday
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FIGHT BELLY FAT WITH CLA PLUS & GLUCOSMART

by Lorna
Vanderhaeghe

If weight loss were as simple as reducing calories and running the treadmill we would all be thin. But weight loss can be effortless when we adopt a new way of eating and take a couple of Health Canada licensed nutritional supplements that get to the root of the weight problem.

CLA PLUS Fat that Burns FAT

CLA PLUS contains conjugated linoleic acid (CLA) and green tea extract. CLA is a fat that safely melts fat away. In a 90-day, double-blind, placebo-controlled study published in 2000 in the Journal of Nutrition, CLA users taking 5000mg of CLA per day had an average weight reduction of seven pounds and an increase in lean muscle with NO diet change. CLA

in a dose of 8000mg per day was also given to a group of post menopausal women and they lost weight with no diet change. Just think if they would have eaten a fat burning diet too! CLA PLUS also contains green tea extract to super charge weight loss and rev up fat burning by enhancing metabolism.

Belly Fat Busting GLUCOSMART

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. We know that insulin is implicated in belly fat weight gain in both men and women. Elevated insulin promotes weight gain, diabetes and excess belly fat. Skin tags are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. The nutrient Chirostol (pronounced "kur-uh-sitol"), found in GLUCOSMART researched in over 30 studies at the Virginia Medical School, works to keep blood sugar in the healthy range. GLUCOSMART halts sugar cravings. But where GLUCOSMART really shines is in fighting belly fat in both men and women. Combine CLA PLUS along with GLUCOSMART and drink SLIM-T containing Garcinia and weight loss will be effortless.



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